



LENT

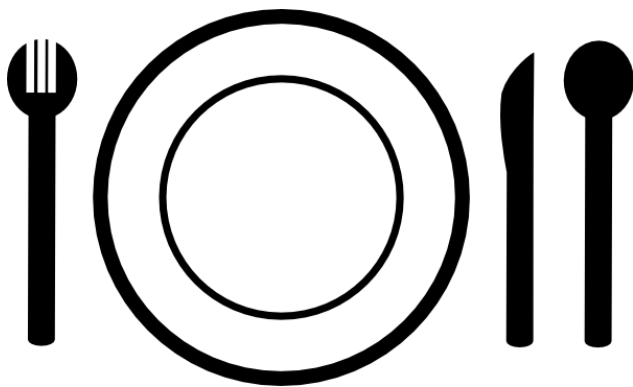
All About Lent

By: _____



We pray during Lent.
That means we go to Mass
and pray more often.

1



We fast during Lent.
That means we go without
food or eat less.

2



We do almsgiving during Lent.
That means doing good for others.

3